Mountain Weather Forecast

Lake District National Park

Forecast valid from 06:00 on Sunday 07 Jan 2024 until 23:59 on Monday 08 Jan 2024

Forecast Issued on Sunday 07 Jan 2024 at 02:59

Confidence: High for worst of weather limited to scattered showers, also for turning cold, but lowering for the cloud detail.

Headline for Sunday 07 Jan 2024: West dry with sunny spells. East cloudier with isolated showers. Light northeast winds.

Mountain weather hazards on Sunday 07 Jan 2024

Blizzards
No Likelihood

Heavy persistent snow
No Likelihood

Storm force winds
No Likelihood

Gales
No Likelihood

Severe chill effect
Low Likelihood

Poor visibility
Low Likelihood

Thunderstorms
No Likelihood

Heavy persistent rain
No Likelihood

Strong sunlight
No Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Cloudy	Sunny intervals	Cloudy	Sunny intervals	Partly cloudy (night)	Cloudy
Precipitation probability					
10%	10%	10%	10%	10%	10%

Forecast for Sunday 07 Jan 2024

Weather: Eastern areas of the Park rather cloudy with some wintry light showers focused across upslopes. West dry with clear then bright spells.

Chance of cloud-free hill tops above 800m: 75% in west 30% in east

Low cloud and visibility: Good or very good becoming moderate or poor in rain showers, very poor in snow showers and within cloud with bases frequently lowering to 600m in east infrequently so in west.

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Forecast for Sunday 07 Jan 2024

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	16/19 NE	12/14 NE	9/11 NE	10/12 NE	14/17 NE	16/19 NE	14/18 E
600	10/12 NE	7/10 NE	6/9 NE	6/9 NE	10/14 NE	11/14 NE	10/15 E
300	4/12 N	3/10 NE	2/8 N	3/8 N	4/12 NE	5/14 NE	5/14 E
Valley	7/14 NE	6/11 NE	4/9 NE	3/8 NE	7/14 NE	8/15 NE	7/12 NE

Height (m)	Temperature / Feels Like (°C)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	-1/-7	-0/-6	-1/-5	-1/-6	-2/-8	-2/-8	-2/-8
600	0/-4	0/-3	0/-3	0/-3	-1/-5	-1/-6	-1/-6
300	1/-1	1/-1	3/2	2/0	1/-2	0/-2	0/-3
Valley	3/0	3/0	5/3	4/3	3/0	3/-0	2/-1
Freezing Level*	400m	500m	600m	600m	500m	400m	400m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Meteorologist's View

Severe wind chill confined to higher routes.

Forecast for Monday 08 Jan 2024

Weather: Some showers across eastern areas for a time during the morning, snow level 300m, otherwise dry with good spells of weak winter sunshine. Severe wind chill at height.

Maximum wind: East or Northeast 15mph

Chance of cloud-free hill tops above 800m: 25% at first in east, otherwise 80%

Low cloud and visibility: Good or very good becoming moderate or poor in rain showers, very poor in snow showers and within cloud with bases frequently lowering to 600m at first in east, otherwise infrequently so.

Temperature: **Valleys:** Minus 2 Celsius increasing 6 Celsius during the afternoon
At 800m: Minus 5 Celsius
Freezing level: 300m

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Ground Conditions Supplement

The arrival of high pressure over the National Park gave a cold but calm day with plenty of sunshine. There was a significant cloud inversion over the Eden Valley which crept up Ullswater throughout the day meaning that in many places summit temperatures were warmer than the valley floor.

An overnight freeze gave a good frost in many areas with occasional patches of ice. Above 700m there were areas of verglas, rime ice and pipkrake crystals. However, with a couple of notable exceptions, the Lake District fells are generally clear of snow.

On Helvellyn patchy snow cover can be found above 800m on the steep east face. This was hard and well frozen. Small cornices (snow overhangs) have formed above these slopes and have slumped and cracked in last week's warm temperatures. They are now well frozen but should be given a wide berth as they are still a significant hazard. Walking out onto them to get a view of Red Tarn is a very bad idea

Swirral Edge was in full winter condition with unavoidable compressed and icy snow, verglas and rime ice making progress very tricky. Even a simple slip here, not quickly arrested, would end in a tumbling fall over rocks. Bum sliding off the plateau onto the ridge and hoping to stop is a very high risk activity with the potential for a very bad fall. Crampons / microspikes and an ice axe are essential for this route especially in descent.

Striding Edge is in a lot friendlier condition with the vast majority of the ridge climbed on rock. There is a short section of unavoidable snow just below the top but this was well stepped and passable with care.

Full winter clothing (waterproofs, extra warm layers, hat and gloves), mountain boots and equipment including a torch, map and compass are all essential to safely roam the fells. Temperatures are forecast to be well below freezing overnight so crampons / microspikes and an ice axe will be essential for anyone venturing onto the refrozen snow especially on exposed terrain.

Issued at: 02:59 on Sun 07 Jan 2024

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